



City of Gaithersburg Press Release

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For Immediate Release

Commit to Get Fit with La Milla de Mayo One-Mile Run *Special New Year's Resolution Discount Available December 31 Only*

Gaithersburg, MD (December 21, 2018) – Get a head start on your New Year's fitness resolution by registering early for the 4th Annual La Milla de Mayo (The May Mile), a lively one-mile run/walk through Olde Towne, Gaithersburg on Saturday, May 4, 2019, from 5:30 to 7:30 p.m. The event, hosted by the City of Gaithersburg in partnership with the Montgomery County Road Runners Club (MCRRC), features a chip-timed race certified by USA Track & Field (USATF). Quarter and half-mile Kids Fun Runs precede the mile, allowing for participation by runners of all ages and levels.

La Milla de Mayo is the perfect one-mile run/walk for those new to running or who want to improve their time, all in the quaint surroundings of Gaithersburg's historic commercial center. A free Post-Race Festival, open to the entire community, will take place in the newly renovated Olde Towne Plaza. The Festival features live music, food vendors, Salsa dancing, crafts, and fun activities. Through corporate sponsorships and donations, event proceeds benefit the City's Dolores C. Swoyer Camp Scholarship Fund, which provides summer camp opportunities for income-qualified youth.

Take advantage of the New Year's Eve special registration price of just \$15 for those ages 12 and older, available on December 31, 2018 ONLY. Beginning January 1, early registration is \$17 through March 31. From April 1 – 30 the registration fee is \$19 and from May 1 until noon on May 3 the fee is \$21; onsite Day of Race registration is \$25. For ages 5 to 11, the one-mile run registration is \$10 and for those 4 and under registration is free. The quarter and half-mile Kids Fun Runs are free, but registration is required for all. Register online [here](#).

A training plan to help you prepare for the race will be available from Run Farther & Faster. Many volunteer opportunities are available through MCRRC [here](#). Sponsorship opportunities are also available. With customizable packages ranging from \$100 to \$1,000, businesses and organizations can display banners along the course, be a pre-race packet pick-up location, insert promotional materials in the packets, and be an exhibitor at the festival. Note that there is limited availability for some of these opportunities. The deadline to apply for sponsorship is April 5, 2019.

Designed to highlight the vibrancy of Olde Towne and to engage residents in a fun, social fitness activity, La Milla de Mayo will start at the Girard Business Center and end at the Thomas Cannery Shopping Center along East Diamond Avenue. Runners, family members, friends, and community members are invited to warm up at the start line and cool down with music, dancing, crafts, and other family activities in Olde Towne Plaza.

Sponsor packets and more information are available on the City's website. For sponsorship information please contact Sponsor Coordinator Elissa Taylor at 240-805-1635 or elissa.taylor@gaitthersburgmd.gov.

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